English

FALL PROTECTION WORK PLAN – SAMPLE ONE
INSTRUCTIONS

A written fall protection work plan must be implemented by each employer on a job site where a fall hazard of 10 feet or greater exists,
in accordance with Department of Labor and Industries, WISHA Regulations. **The plan must be specific for each work site.**
THIS WORK PLAN WILL BE AVAILABLE ON THE JOB SITE FOR INSPECTION.

Attached is a sample of a model fall protection work plan that may be filled out by each employer who has employees exposed above 10 feet.
The following steps will help you fill out your plan. **(*REMEMBER: YOU MUST CUSTOMIZE THIS SAMPLE)***

1. FILL OUT THE SPECIFIC JOB INFORMATION.

Company Name:
_____

Job Name: Date:
_____ _____

Job Address: City:
_____ _____

Job Foreman: Jobsite Phone:
_____ _____

2. FALL HAZARDS IN THE WORK AREA

INCLUDE LOCATIONS AND DIMENSIONS FOR HAZARDS

Elevator shaft: _____

Scaffold over 10 ft: _____

Exterior scaffolding: _____

Scaffold under 10 ft.: _____

Boom lift _____

Scissor lift: _____

Leading edge: _____

Stairwell: _____

Outside static line: _____

Window opening: _____

Perimeter edge: _____

Roof eave height: _____

Rolling scaffold: _____

Roof perimeter dimensions: _____

Other fall hazards in the work area:

_____

_____

_____

3. METHOD OF FALL ARREST OR FALL RESTRAINT

(For fall protection equipment include details, such as manufacturer etc.)

Full body harness: _____

Body belt (Restraint only): _____

Lanyard: _____

Dropline: _____

Lifeline: _____

Restraint line: _____

Horizontal lifeline: _____

Rope grab: _____

Deceleration device: _____

Shock absorbing lanyard: _____

Locking snap hooks: _____

Safety nets: _____

Guard rails: _____

Anchorage points: _____

Catch platform: _____

Scaffolding platform: _____

Safety monitor: _____

Name of monitor, if used: _____

Other: _____

4. ASSEMBLY, MAINTENANCE, INSPECTION, DISASSEMBLY PROCEDURE

Assembly and disassembly of all equipment will be done according to manufacturers' recommended procedures. (Include copies of manufacturer's data for each specific type of equipment used.)

Specific types of equipment on the job are:

_____

_____

_____

_____

A visual inspection of all safety equipment will be done daily or before each use, as stated in the Employee
Training Packet. Any defective equipment will be tagged and removed from use immediately. The manufacturer's recommendations for maintenance and inspection will be followed.

_____

_____

_____

5. HANDLING, STORAGE & SECURING OF TOOLS AND MATERIAL.

Toe boards will be installed on all scaffolding to prevent tools and equipment from falling from scaffolding.
Other specific handling, storage and securing is as follows:

_____

_____

_____

6. OVERHEAD PROTECTION

Hard hats are required on all job sites with the exception of those that have no exposure to overhead hazards.
Warning signs will be posted to caution of existing hazards whenever they are present. In some cases, debris
nets may be used if a condition warrants additional protection.

Additional overhead protection will include:

_____

_____

_____

Toe boards (at least 4 inches in height) will be installed along the edge of scaffolding and walking surfaces for a distance sufficient to protect employees below. Where tools, equipment or materials are piled higher than the top
of the toe board, paneling or screening will be erected to protect employees below.

7. INJURED WORKER REMOVAL

Normal first aid procedures should be performed as the situation arises. If the area is safe for entry, the first aid
should be done by a foreman or other certified individual.
Initiate Emergency Services – Dial **911** (where available)

Phone location:
_____
First aid location:
_____
Elevator location:
_____
Crane location:
_____
Other: _____ Location:_____

Rescue considerations. When personal fall arrest systems are used, the employer must assure that employees can be promptly rescued or can rescue themselves should a fall occur. The availability of rescue personnel, ladders, or other rescue equipment should be evaluated. In some situations, equipment that allows employees to rescue themselves after the fall has been arrested may be desirable, such as devices that have descent capability.

Describe methods to be used for the removal of the injured worker(s):
_____

_____

8. TRAINING AND INSTRUCTION PROGRAM

All new employees will be given instructions on the proper use of fall protection devices before they begin work. They will sign a form stating they have been given this information. This form becomes part of the employee's personnel file.

The written fall protection work plan will be reviewed before work begins on the job site. Those employees attending will sign below. The fall protection equipment use will be reviewed regularly at the weekly safety meetings.

Date: _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____

Prior to permitting employees into areas where fall hazards exist, all employees

must be trained regarding fall protection work plan requirements. Inspection of fall protection devices/systems must be made to ensure compliance with WAC 296-155-24510.

FALL PROTECTION WORK PLAN – SAMPLE TWO
INSTRUCTIONS

Why do I need a fall protection work plan?

- Falls from elevation are a major cause of injuries in the construction industry
- WISHA Regulations require you to evaluate your worksite to identify fall hazards.
- You must then eliminate or control the fall hazards you identify.
- If fall hazards of 10 feet or more exist, you must provide a written plan which identifies:

    - All fall hazards in the work area
    - The methods you and your employees will use to eliminate and control them
    - Correct procedures for assembly, maintenance, inspection, and disassembly of fall protection systems used
    - Correct procedures for handling, storage, and securing of tools and materials.
    - The method of providing overhead protection
    - The method for prompt, safe removal of injured workers

Training methods for the employees working on the jobsite.

- The fall protection work plan must be specific to the work site.
- The fall protection work plan must be available on the work site for review
- The documentation of training must be available on the work site for review

How do I write the plan?

- Use the attached template to assist you
- Have a “competent employee” complete the template to make it work site specific
- Customize the template as needed by adding missing information and/or deleting unnecessary information

NOTE: The plan form and individual site plans must accurately describe the conditions at your worksite and the methods you will use. A compliance officer will, in addition to ensuring that your plan contains all the required elements, determine if it describes what you actually do. If it does not, you may be subject to citation and monetary penalty!

Fall Protection Work Plan

Fall Hazard Identification and Protection Selection Worksheet

On the table below, identify each fall hazard of 10 feet or more that exists or will exist during this construction project and then select the protection method from the options identified below the table.

√	Hazard Type	General Location(s)	Fall Protection Method	Overhead Protection Method
	Roof > 4/12 Pitch			
	Roof < 4/12 Pitch			
	Skylight Openings			
	Roof Openings			
	Floor Openings			
	Window Openings			
	Open-sided Floors			
	Decks			
	Balconies			

	Leading Edge Work			
	Scaffold Work			
	Mobile Lift Work			
	Ladder Work			
	Excavation Edges			
	Grade Drop-Offs			
	Other _____			

Fall Protection Methods: Select a fall protection method from the list below for each hazard identified above. Assembly and implementation instructions for the method(s) used are located elsewhere in this document.

Standard Guardrails	Fall Arrest Harnes	Fall Restraint Harness/Belt
Warning Line System	Safety Net	Cover or Hatch
Warning Line & Safety Monitor	Positioning Belt	Other: _____

Overhead Hazard Protection Methods: For each overhead hazard identified, specify the method(s) of protection for workers below.
Refer to the "Overhead Protection" Section of this plan for any special installation instructions.

Hard Hats Required Screens on Guardrails

Overhead Hazard Signs

Barricade to Control Access to Area

Debris Nets

Other:

_____

Toe Boards on Guardrails

Other:

_____

Fall Protection Work Plan

Fall Protection System Assembly and Maintenance

Fall protection systems will be assembled and maintained according to manufacturer's instructions when using a manufactured system.
A copy of those instructions is available on-site for reference. Any fall protection system used will meet WISHA regulations as contained
in WAC 296-155 Part C-1. Assembly and maintenance instructions unique to this worksite such as components, placement of systems,
anchor points, areas where systems are particularly subject to damage, etc., are specified below.

Standard Guardrails must:

- be 39" to 45" above the work surface at top rail with midrail and toe board.
- be able to withstand 200 pounds of pressure on the top rail in any direction.
- not have significant deflection.
- be inspected regularly for damaged or missing components. *Note: A guardrail does not protect a person standing on a ladder, box, or other surface above the work surface.*

Post Material:

Rail Material:

_____

_____

Post Spacing (8' max):

Anchor Method:

_____

_____

Other Instructions:

_____

Fall Arrest Harness:

- Must have anchor points capable of withstanding a 5000 pound shock unless a deceleration device in use limits fall to 2 feet, in which case a 3000 pound anchor point may be used.
- Free fall may not exceed 6'.
- A lower level may not be contacted during a fall.
- Lifelines must be placed or protected to prevent abrasion damage.
- Snap hooks may not be connected to each other, or to loops in webbing.
- Inspect components for deformation, wear, and mildew.

System Component List:

_____

Anchor Point at this worksite:

_____

Configuration and placement sketch attached?

Yes _____ No _____

Other Instructions:

_____

Positioning Belt:

- Employees must not be able to fall more than 2 feet.
- The anchorage must be able to sustain 4 times the intended load.
- Snap hooks must not be connected to each other, or to loops in webbing.

System Component List:

_____

Anchor Point at this worksite:

_____

Other Instructions:

_____

Fall Protection Work Plan

Fall Restraint Harness/Belt:

Anchor points:

- must withstand 4 times the intended load.
- must ***always*** prevent a free fall from the work surface. (Several alternate anchor points may be necessary to achieve this requirement.)
- Inspect components for deformation, wear and mildew.

System Component List:

_____

Anchor Point at this worksite:

_____

Configuration and placement sketch attached?

Yes _____ No _____

Other Instructions:

Safety Nets must:

- be installed within 30 feet vertically of the work surface.
- extend out from the outermost projection of the work surface as specified below.
- must be tested or certified to withstand a 400 pound object dropped from the highest work surface.
- Mesh at any point must not exceed 36 square inches with the largest opening being 6 inches side to side.
- Inspect weekly for mildew, wear or damage and remove any objects in net as soon as possible.

A person falling into the net cannot contact any object below the net.

System Component List:

_____

Anchor Point at this worksite:

_____

Maximum Fall Distance from Work Surface to Net: _____ Feet.

Vertical distance from working levels to horizontal plane of net	Minimum required horizontal distance of outer edge of the net from the edge of the working surface
_____up to 5 Feet	08 Feet
_____more than 5 Feet up to 10 Feet	10 Feet
_____more than 10 Feet	13 Feet

Configuration and placement sketch attached?

Yes _____ No_____
Other Instructions:
_____

Covers or Hatches must:

- Be able to support twice the weight of employees and equipment that would be on it at the same time or twice the maximum axle load of the largest vehicle that would cross it.
- Be secured to prevent accidental displacement.
- Be marked with the word “Cover” or “Hole”.

Material to use:

_____
Other Instructions:

_____

Fall Protection Work Plan

Warning Line Systems must:

- Block access to all fall hazards in the work area.
- Be placed 6 feet back from the edge.
- Be made of rope wire or chain between 39” and 45” above the surface height.
- Be flagged at 6 foot intervals.
- Be attached to stanchions such that pulling on one section of chain will not take up slack in the other sections.
- Have stanchions that are able to withstand a 16-pound force applied horizontally at 30” high.

System Component List:

_____
Configuration and placement sketch attached?

Yes _____ No _____
Other Instructions:

_____

Controlled Access Zones must:

- Meet the "Warning Line System" requirements described above, 6' to 25' back from the edge *plus the following when employees work between the fall hazard and the warning line ("control zone").*
- Have a competent person designated as "Monitor" who
    - Wears a high-visibility vest marked "Monitor".
    - Is in visual and voice range of employees in the control zone
    - Is on the same working surface
    - Has no other duties except watching, warning and directing employees regarding fall hazards.
    - Has a maximum of eight employees working in the control zone (all of whom also wear high-visibility vests and are easily distinguishable from the Monitor).

    This system is not to be used in adverse weather conditions such as snow, rain, or high wind, nor after dark.

Monitor(s):

_____

Control Zone Employees:

_____ _____

_____ _____

_____ _____

_____ _____

Other Fall Protection System: Provide a description of how the system is to be assembled, disassembled, operated, inspected, and maintained, including specifications for materials to be used in its construction:

_____

_____

_____

Fall Protection Work Plan

Emergencies and Injuries:

First Aid Trained Employee(s) On Site:

Name: Title:

_____ _____

Name: Title:

_____ _____

First Aid Kit Location(s):

_____

Nearest Medical Facility:

_____

Emergency Services Phone Numbers:

_____

Medical: Fire: Police:

_____ _____ _____

Location of Nearest Telephone:

_____

If a crew member is injured at elevation, the supervisor will evaluate the employee's condition and administer first aid. Emergency services will be called as needed. If an injured employee can't return to ground level, the employee will be brought down to a lower level by emergency services. The following equipment is available on site to facilitate lowering the injured worker:

Employee Training:

All employees have been instructed on the provisions of this plan and have been trained in the proper use of the fall protection equipment
involved. By signing this document, the employees acknowledge that they understand the plan and have been trained in the use of the equipment.

Name:	Signature:	Date:

The competent person's signature verifies that the hazard analysis has been done, the employees informed of the plan's provisions and
that employees have received training in the fall protection systems in use:

Name:	Signature:	Date:

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